

Diet for Fructose Intolerance

FOOD GROUP	AMOUNT TO EAT	FOODS TO USE	FOODS TO AVOID
Milk	Any	Any	None
Meat, Poultry, Fish, Cheese	Any	Beef, veal, lamb, pork, chicken, turkey, fish, cheese	Ham, bacon, lunch meats, and any other meats in which sugar is used in processing
Eggs	Any	Any	None
Vegetables	Any	Asparagus, cabbage, cauliflower, celery, green beans, green peppers, lettuce, spinach, wax beans	All other vegetables
Potato/Pasta	Any	White potatoes, macaroni, noodles, spaghetti, rice	Sweet potatoes
Fruits	None	None	All fruits and fruit juices
Bread	None	No bread, crackers, saltines	Any bread and all types of crackers
Cereal	Any	Cooked or ready to eat cereals (except sugar-coated cereals)	Sugar-coated cereals
Fat	Any	Butter, margarine, oil, homemade mayonnaise or French dressing made without sugar	Mayonnaise and salad dressings made with sugar
Desserts	Any	Dietetic jello, dietetic ice cream, dietetic puddings	All desserts containing sugar such as cake, pie, cookies, candy, puddings, jello, ice cream, sherbet, and others, as well as any dessert containing honey, fruit, or fruit juice.